

ABSTRAK

PENGARUH KEPATUHAN *ANTENATAL CARE* DAN PENERAPAN PROGRAM INTERVENSI GIZI SPESIFIK TERHADAP STATUS GIZI IBU HAMIL DI PUSKESMAS PUCANGANAK

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Salah satu target program 1000 HPK adalah ibu hamil. Pemeriksaan *antenatal care* minimal K6 dan program intervensi gizi spesifik merupakan program untuk mencegah gangguan nutrisi pada ibu hamil. Tujuan penelitian ini adalah untuk mengetahui pengaruh kepatuhan *antenatal care* dan penerapan program intervensi gizi spesifik terhadap status gizi ibu hamil di Puskesmas Pucanganak Kecamatan Tugu Kabupaten Trenggalek..

Penelitian ini menggunakan desain penelitian Analisis Observasional dengan rancangan *cross sectional*. Dari jumlah populasi dengan *accidental sampling* didapatkan sampel sebanyak 35 responden. Variabel independen adalah kepatuhan *antenatal care* dan penerapan program intervensi gizi spesifik serta variabel dependen adalah status gizi ibu dengan observasi. Uji statistik menggunakan korelasi *Chi-square* untuk menganalisa hubungan antarvariabel.

Dari 35 responden diperoleh hasil penelitian 29 responden ibu hamil (82,9%) kepatuhan ANC pada kategori patuh. Sejumlah 19 responden ibu hamil (54,3%) penerapan program intervensi gizi spesifik pada kategori baik. Dari 35 responden, status gizi 30 responden ibu hamil (85,7%) pada kategori baik.

Hasil uji statistik *Chi-Square* didapatkan hasil *P-Value* < 0,05 dengan nilai signifikan $0,001 < 0,05$ dan $0,032 < 0,05$ sehingga H_1 diterima dan H_0 ditolak yang berarti bahwa ada pengaruh kepatuhan *antenatal care* dan penerapan program intervensi gizi spesifik terhadap status gizi ibu hamil di Puskesmas Pucanganak Kecamatan Tugu Kabupaten Trenggalek.

Kepatuhan *antenatal care* dan penerapan program intervensi gizi spesifik sangat penting untuk kesehatan ibu dan janin. Oleh karena itu, ibu hamil harus memeriksakan kandungan sesuai standar kunjungan ANC serta petugas kesehatan menerapkan program intervensi gizi spesifik kepada ibu hamil untuk mencegah terjadinya komplikasi pada ibu hamil terutama gangguan pada status gizi.

Kata kunci : Kepatuhan, Kunjungan *Antenatal Care*, Intervensi Gizi Spesifik, Status Gizi Ibu Hamil.

ABSTRACT

THE INFLUENCE OF ANTENATAL CARE COMPLIANCE AND IMPLEMENTATION OF SPECIFIC NUTRITIONAL INTERVENTION PROGRAMS ON THE NUTRITIONAL STATUS OF PREGNANT WOMEN AT PUSKESMAS PUCANGANAK

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One of the targets of the 1000 Healthy Pregnancies (HPK) program is pregnant women. Minimum antenatal care examination is at least K6, and specific nutritional intervention programs are aimed at preventing nutritional disorders in pregnant women. The purpose of this study is to determine the influence of antenatal care compliance and the implementation of specific nutritional intervention programs on the nutritional status of pregnant women at the Pucanganak Community Health Center in Tugu Subdistrict, Trenggalek.

This study used an Observational Analysis research design with a cross-sectional design. From the total population, 35 respondents were selected using accidental sampling. The independent variables are compliance with antenatal care and the implementation of specific nutritional intervention programs, while the dependent variable is the nutritional status of the mothers, observed through assessment. Statistical testing used Chi-square correlation to analyze the relationships between variables.

Among the 35 respondents, the study found that 29 pregnant women (82.9%) had compliance with ANC in the compliant category. Additionally, 19 pregnant women (54.3%) had good implementation of the specific nutritional intervention program. Out of the 35 respondents, 30 pregnant women (85.7%) were in the good nutritional status category.

Chi-Square statistical tests yielded a P-Value < 0.05 , with significant values of $0.001 < 0.05$ and $0.032 < 0.05$, indicating that H_1 is accepted and H_0 is rejected. This means there is an effect of compliance with antenatal care and the implementation of specific nutritional intervention programs on the nutritional status of pregnant women at the Pucanganak Health Center in Tugu District, Trenggalek.

Compliance with antenatal care and the implementation of specific nutritional intervention programs are crucial for the health of both the mother and the fetus. Therefore, pregnant women should attend ANC visits according to the standards, and healthcare providers should implement specific nutritional interventions to prevent complications, particularly those affecting nutritional status.

Keywords: Compliance, Antenatal Care Visits, Specific Nutritional Interventions, Maternal Nutritional Status.